Page 5 — How to keep your New Year's resolutions

Wartburg
Trumpet

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http://www.wartburg.edu/trumpet

Page 6 — Grapplers knocked from No. 1 position

CAMPUS

▼BRRR!—Cold winter weather has gripped the campus, and with it comes the chances for frostbitten extremities and dead vehicles. Wartburg security said their job during the winter months is to protect students as much as possible from the elements. Students can call the security officers for rides to their cars or rides to the health clinic, for example. Security will also help students who are locked out of their cars, but they will not jump start vehicles due to liability concerns. The number for the security office is -8318.

▼COFFEEHOUSE—Campus Ministry Board and the Lair are sponsoring a coffeehouse Saturday from 9-11 p.m. in Buhr Lounge. Coffee with mixers, hot chocolate, spiced tea and cold drinks will be served. Contact Dave Welander at -7112 if you are interested in performing.

▼LEADERSHIP FAIR—The Student Activities Office is sponsoring a leadership fair at 7:30 p.m. Wednesday in Buhr Lounge. Students can come learn about on- and off-campus leadership opportunities, including the Pathways Center, Student Senate, orientation leaders, supplemental instruction, international programs and the mentoring program. Refreshments will be served, and all participants will receive a coupon for a free cool cookie and will be entered in a drawing for a $50 gift certificate to the Wartburg College bookstore.

NAACP chair headlines convo

Widow of assassinated civil rights leader speaks tomorrow night

by Eric Allen
Editor

Myrlie Evers-Williams, speaker for tomorrow's Martin Luther King, Jr. convocation at 7 p.m., brings to Wartburg's Neumann Auditorium an intense and deep background concerning the civil rights movement.

She could also bring national media attention.

She has served as the chair of the national board of directors of the NAACP (National Association for the Advancement of Colored People) since 1995 and is now portrayed (by Whoopi Goldberg) in a movie. She may speak about the movie's focus tomorrow.

Her battle to bring her husband's murderer to justice is told in "Ghosts of Mississippi," a motion picture released nationwide Jan. 3.

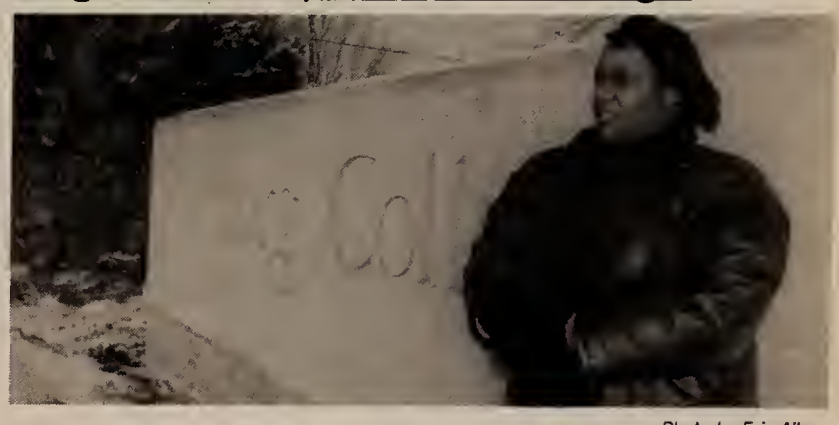


Photo by Eric Allen

LOOKING FORWARD TO MEETING MYRLIE—Junior Meloyne Wimbley said she is anxious to meet Myrlie Evers-Williams, tomorrow night's convocation speaker and chair of the NAACP.

Approximately 140 Wartburg students went to see the film on Saturday and Sunday afternoons for free, according to Molly O'Connor, special events chairperson for Campus Activities Board (CAB). CAB paid for admission to the movie and the Convocation Committee covered transportation expenses.

Myrlie Evers-Williams

Myrlie's first husband was Medgar Evers, a local field secretary, or agent, for the NAACP, who was killed by a shot in the back on June 12, 1963.

"Nobody can remember him now," said junior Meloyne Wimbley, "but he was the civil rights movement then."

Wimbley has a familial bond to Mississippi's civil rights battles. Her parents both grew up in Mississippi. In fact, Wimbley's father grew up playing with Emmett Till, the black 15-year-old boy who was found murdered shortly after calling to and whistling at a white woman in Money, Miss. He still bears an indentation in his forehead from where a baseball hit by Till struck him.

Wimbley wants to hear more tomorrow from Evers-Williams about her husband Medgar's work because she said she felt "Ghosts of Mississippi" didn't focus on that.

Wimbley went to see the early release of the movie in Chicago with her father over Christmas Break.

"It had Dad in tears," Wimbley said. She explained that her dad left Mississippi when he was 15, soon after Till was strangled, and headed for Chicago by train, away from the fear of being injured and the rotten treatment black people received.

Medgar Evers' assassin, Byron De La Beckwith, a self-proclaimed white supremacist, was released after two hung juries in 1963, both comprised of white males. Myrlie kept court transcripts from these trials, but had to wait almost 30 years until a courageous district attorney finally re-opened a case considered impossible to win.

"She is a total inspiration to me to not give up," Wimbley said, "and to do what you believe."

An open reception in Buhr Lounge will follow the convocation. "Ghosts of Mississippi" is showing at Crossroads theatre in Waterloo twice during the day and at 7 and 9:35 p.m.

'96 grad grabs archeological accolades

by Aaron A. Loan
Assistant News Editor

If all the benefits of overseas education weren't enough, Michael Stadtmueller has one more way to convince students of the worthiness of studying abroad.

Biblical Archaeology Review recently named an incense shovel, discovered by Stadtmueller in Israel during a May Term 1996 archeological dig, the archeological prize find of the year.

Stadtmueller, a '96 graduate and student at Luther Seminary in St. Paul, went on the trip to the Middle East because he was interested in the Holy Land.

He came back with an experience unforgettable to both him and the archeological world.

The incense shovel is a first century artifact found near what is believed to have been a Roman temple. The shovel is bronze and is eight inches in length.

The Bible describes "firepans ... of bronze" (Exodus 27:3) that were used to carry coals and burning incense to the four-horned alter of the desert tabernacle, according to the article in Biblical Archeology Review.

When Stadtmueller first found it he thought it might be a piece of junk.

"It looked so intricate I didn't think it could be anything so old," said Stadtmueller. He said he thought it might be a modern spade covered in a 1960 blast when Syria bombed the site.

When the Wartburg group arrived at the Bethsaida dig site they separated into groups. Stadtmueller's team took over area G54, a 12 foot-by-12 foot area untouched yet by the other diggers. Michael kept returning to one particular spot after he found a plethora of pottery in that space.

Michael Stadtmueller

He said he first spotted the shovel about two feet down on the very edge of area G54.

Although Stadtmueller won't receive any awards or recognition for the find, he said he felt a great "personal glory" in his heart.

Stadtmueller said the dig was a team effort and he was lucky to have excavated where he did. He said someone else was sure to have found the shovel later if he hadn't, and that many other students helped him in his dig.

The Wartburg trips to this Middle East site were started in 1988 when chief archeologist Rami Arav, director of excavations of the Bethsaida Excavations Project and friend of Associate Professor of Religion Dr. Fred Strickert, received permission from the local government to open up the site.

Strickert, who was on sabbatical last year, was spending time in and around the area of the dig when Dr. Walter "Chip" Bouzard, associate professor of religion, and his class met him there during May Term.

Dr. Bouzard will be taking another class this year for May Term.

Wartburg has sent about 25 students annually.

"This May Term group may find something even more spectacular," said Strickert.

Photo courtesy of the Humanities Department

YASSIR, I DO— '96 Wartburg graduate Michael Stadtmueller, seen here meeting Yassir Arafat, was recently recognized for an archeological find made last May.

New money man handles payroll, bills

by Sara Baker
News Editor

After a "rosie" 37-year reign, Wartburg College is getting a new money master.

Richard Seggerman replaced veteran controller Rosie Hoffman the first of the year, becoming the only male employee at work in the female-dominated controller's office.

Hoffman said she's enjoyed her first few weeks away from Wartburg.

"I think I was ready to retire," she said. "I have lots of things to do at home. I have a 13-year-old daughter with a learning disorder and she was a major reason for leaving. I think she needs me more than Wartburg does."

Photo by Heather Simpson

HARD AT WORK—New controller Richard Seggerman labors at his desk in his first month at Wartburg. Seggerman replaced Rosie Hoffman, who retired at the beginning of 1997 after 37 years of employment.

Seggerman said Hoffman, who began working at Wartburg in 1959, has been a great help to him in his first few weeks at the helm of the office.

"Someone like Rosie, who's been here and has so much knowledge, it's difficult, it's impossible to come in here with that same level of knowledge she had," he said. "But she's been a great help to me. She's been coming in periodically to answer questions and give me guidance."

Hoffman said she's more than happy to help with Seggerman's transition from accountant to controller.

"I want to make sure he makes it through, because a long time ago somebody helped me, too."

Seggerman said assuming the responsibilities of the job in the middle of the school year has been a big help.

"It's much better to get in the middle of it and learn it before (the college's audit in May). You learn quickly when you get thrown into the fire. But I'm learning quickly; I'm piecing it together every day," he said.

"It's been fun to be around here and see all the excitement of the students starting a new term, but it does make me feel a bit old."

Seggerman said under his command, the controllers office will focus more on customer service.

"What we'd like to do is go out and identify our client bases — parents and students, different departments — and go out and discuss with the clients their needs, wants and expectations, and develop a relationship to truly meet the needs of the client."

The new controller said that despite the relative quiet of his own office, he enjoys the constant activity of the front room of the college's hub for billing and payment.

Seggerman grew up on a farm in northwest Iowa and attended Iowa Lakes Community College. He then moved to Florida in 1984, where he worked as an accountant, then received his four-year accounting degree from Florida Atlantic University.

In 1992, he returned to Iowa and began working at Century Companies before accepting the job at Wartburg.

He said he never planned on staying in the sunny South for so long.

"I went down to Florida for a year and stayed eight. It was one of those deals where I stayed a little longer than I anticipated," he said.

Although he doesn't have any mishaps to report thus far — "I haven't gotten locked in the vault yet," he said — the woman-dominated office has been interesting.

"That's fun," he said. "I kidded my wife about that, that I'm going to work in an office of all women. She didn't seem too concerned."

Assault resource team offers smart solutions

by Suzanne Behnke
Staff Writer

Statistics should scare the Wartburg community.

One in four college women and one in six college men survived a sexual assault or were victims of childhood sexual abuse.

During the first three months of college, freshmen females are targeted.

Statistics of how often the crimes are reported should be scarier.

Forty-two percent of college women who are raped tell no one. Twenty-seven percent of women whose assault fit the legal meaning of rape actually considered themselves "rape" victims. College administrators may not even be aware of sexual assault problems on their campuses.

For that reason, Wartburg has the Sexual Assault and Assault Resource Team, also known as SMART The organization's goal is to provide campus-wide awareness of sexual assault. Some members also trained to counsel victims.

"We're trying to get information out there," said senior SMART co-leader Laurie Wilkinson.

SMART currently has 13 members with only two returning next year. Does this mean Wartburg does not have an assault problem?

Wilkinson said incidents may happen, but people do not feel like they can come forward. She said the group's fewer members stem from a 1995 makeover.

"All Fall Term (1995) we re-evaluated," Wilkinson said. She said SMART became more student-run and people who are interested in participating do not have to train as they did before. The group now has advocates and members.

She said SMART wants to continue reaching the campus. Some current plans include Leadership Issues dinners, a chapel service, bringing theatrical productions on assault issues to campus and possibly starting an alternative self-defense club.

But these activities may not develop after this year.

"It could be difficult with only two people returning," Wilkinson said.

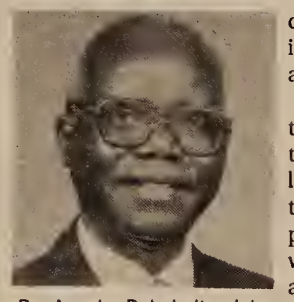
Applications may be available for spring recruitment.

Itandala offers opportunities

by Annette Everding
Assistant News Editor

With incoming freshmen and transfer students being the primary new faces on campus last term, other new faces were lost in the shuffle.

Dr. Anselm Buluda Itandala, a professor at the University of Dar Es Salaam in Tanzania, spent his fall term teaching at Wartburg.



Dr. Anselm Buluda Itandala

Itandala was able to come to Wartburg through the efforts of William Fulbright, a representative of the United States government. He started the Fulbright Scholar Program in 1946.

According to Dr. Janice Yee, co-director of Global and Multicultural Studies, the program was started with the hope of gaining peace between countries.

"Fulbright thought if scholars from the U.S. and other countries came into contact with one another there would be more understanding between the countries and less conflict," Yee said.

> ***"(Fulbright scholars) give the student a chance to encounter different styles of teaching."***
>
> —Liz Albertson
> Freshman

Yee said she feels the program gives the faculty and staff a chance to learn from a colleague of a different nationality. At the same time it is an opportunity to get students involved with different professors inside the classroom.

Itandala taught African History classes during his term at Wartburg.

"I found the course to be challenging in that the professor was not always clear in his intentions linguistically," freshman Liz Albertson said.

Both sophomore Katy Seeley and Albertson said Itandala's teaching methods could have been enhanced if he would have used his own personal experiences in relation to African historical events.

"I definitely think Wartburg should continue getting Fulbright Scholars," Albertson said. "It gives students a chance to encounter different styles of teaching and an opportunity to learn from a professor of a diverse background who is an expert in their area."

To get a Fulbright scholar an institution must show how the scholar will impact the campus. According to Yee, it also has to show how the professor can achieve what they want through the help of the institution.

"We hope to have more in the future, but the competition to get them is tough. An institution has to have rationale and good enough reasons to get the scholar," Yee said.

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The *Trumpet* news staff:
Putting the UMP back into *Trumpet!*

Editorial

Civil rights issue has needed heat

Maybe you don't get particularly excited about convos, which besides being reprehensible (you *are* here to learn, not just become a Knighthawk, *right*) is also understandable, keeping in mind two notably unnotable speakers--Evans Woollen, the college architect, and Brenda Verner, who read her paper about womanism last year.

But we are excited for Tuesday night's Martin Luther King, Jr. convocation. And we thought we'd let you know.

IT'S AT 7 P.M. ON TUESDAY, JANUARY 14, 1997 IN NEUMANN AUDITORIUM. GO TO IT.

The speaker, Myrlie Evers-Williams, not only chairs the national board of directors of the influential NAACP (National Association for the Advancement of Colored People), she is also portrayed by Whoopi Goldberg in a brand new movie release, "Ghosts of Mississippi." The movie is powerful and has received some national media attention, but what is more powerful is that the story is true and one of the main characters will be speaking about the subject on our campus.

This convocation is scheduled during January to celebrate Dr. Martin Luther King, Jr.'s birthday. It also manages to heat things up on campus at a frigid time of year.

And that is what the issue of civil rights has to have: heat. Issues bound for change have to stay hot, or else people forget or don't do anything about them.

Junior Meloyne Wimbley said she possibly wouldn't have been motivated to read about Medgar Evers or Emmett Till if her father hadn't talked about them. Similarly, it is plausible to think a comfortable community may not feel motivated to discuss equality without a stimulus.

To truly make a difference, as Myrlie Evers (Whoopi Goldberg) says in the movie, one has to be persistent. We, as a community, must be dedicated to continuing conversation and advancing the cause.

On the same day that some listened to Medgar Evers assassin, Byron De La Beckwith, say on screen he felt African Americans could not be Christians, a crowd in Neumann Auditorium listened to Minneapolis Gospel Sound, an all-African American group that spent the evening beautifully praising Jesus with their music.

So this month, the college is not without a stimulus. In fact, the Martin Luther King, Jr. convocation never fails to be a stimulus. But if that is not your cup of tea, go see "Ghosts of Mississippi."

Letter Policy: Letters to the editor are subject to editing without changing the meaning of the letter, and authors will not be notified of changes prior to publishing. Letters must be signed,under 250 words, submitted in final form and related to current issues involving the Wartburg community.

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Column

Predictions for Wartburg

Justin Schaefer
Columnist

It's a new year. Half of the 1996-97 school year is over. Yes, it has gone fast and will probably continue that way. But at this time of the year, you read in almost every magazine of predictions for the new year. So I took it upon myself to make a few predictions of my own. Now remember these are not the Trumpet's predictions, they are all mine.

1. Tuition will increase for the next school year because the school is try to set itself as a distinct college.

2. A majority of the senior class will graduate as expected in May, myself included.

3. The newly implemented first-year floors will continue at Wartburg in the following years.

4. If the first-year floors continue, Wartburg will have to build a new dorm in the next few years, because no one will ever want to live on a first-year floor.

5. There will be no carbon monoxide problems at Wartburg in 1997. In addition there will be no helicopter rides out of Waverly either.

6. There will continue to be housing problems in 1997, even with the addition of Old Grossmann or Grossmann or Grossmann West or Founder's hall.

7. It will be found that too many students are attending the OCTAA course and it will become a permanent part of the Wartburg College plan.

8. Wartburg College will hire a football coach that will actually stay more than one year.

9. Buhr Lounge will get a better new look for 1997; maybe a whole new building to go with the new tables and signs that were implimented with the new look of 1996.

10. Skywalks connecting the rest of campus will be scrapped for a new complex system. They are going to start drilling a underground system for the years to come. Eventually you will be able to walk to Wal-Mart.

The final prediction is that after four years of college with almost a full plate of knowledge you would think that I could be able to come up with themes for columns. But maybe I will not get that accomplished. I'll just have to see what the new year will bring.

Letter

Soccer team has talent, needs fans and better preparation

Firstly I would like to begin by thanking you for having a very informative paper for our school. It has been my pleasure to read the paper especially the parts about our soccer team.

I do think personally that more emphasis should be put on our soccer teams, both for males and females. As we have seen this last season, both teams achieved a lot and we should support them more.

I am one great soccer fan and when I came to this school I had no idea we had so much talent. I went to watch all home games and was amazed how well our players played. Even though we did not make it very far it was still an achievement as records were broken. At the games there were always loyal soccer fans watching.

What I would love to see is more fans cheering for our soccer teams. I think that the college itself should take more interest in our soccer teams. If we all play a part we would achieve a lot as we have all the talent needed. Whoever has seen soccer teams play can say that Wartburg College has tons of talent.

Therefore I would like to ask the coaching staff to prepare our players better in the next season. The coach has to make sure he exploits all the talent well and that he forms a very confident team. The team should also have a definite style of play and formation. I would also like to ask the fans to come out in numbers next year and cheer our team. I believe our teams could be the best around this area.

I also want to thank you for the coverage by your journalists. They did a great job and I sincerely hope they do the same next season. One suggestion I would like to give is that posting our home games in the Trumpet would help in informing our fans.

Delmar Hafermann,
sophomore

Letter

Equality with a grain of salt

It's unfortunate that we live in a world that needs murder to open its eyes to issues of racial inequality. During the last decade we have seen two astounding and very public cases of racially-based crimes. While Rodney King opened eyes to police brutality and O.J. Simpson hopefully made each of us consider our willingness to condemn a man before a fair trial, how much consideration is given to the "little" social injustices that happen everyday? We seem to be quick to take flying leaps onto the bandwagon of defense for the persecuted, but do we very often think about racial inequality going on every day or going the other way? In a time when the slightest smidge of political incorrectness will land a person in the pit of supposed bigotry, I ask only that you consider what equality really means.

"He contends that accepting this money would have been like taking praise for having a good-looking child."

It seems that even here at Wartburg College, there are "little injustices." No one seems to want to talk very openly about little issues. Take for instance, scholarships. Do you really know what your financial aid package consists of? A friend of mine recently found out that he was receiving a substancial amount of money because he happened to be slightly more than a quarter Native American. I think that situations like his are overlooked. When he discovered that he was receiving funds for his ancestry, he refused his scholarship. He contends that accepting this money would have been like taking praise for having a good-looking child. It's all up to genetic histories, there's nothing deliberate about it.

The feedback from Financial Aid? He should shut up, take the money and be proud of his heritage. It's this sort of response that makes me wonder why I busted my ass in high school trying to eek out good grades and wonderful musical achievments. My ancestry contains a full-blooded Cherokee Indian. I don't understand why personal struggle and achievments can be equalled or dwarfed by history. The world that we are living in seems all too quick to condemn or recompense when it comes to "little" issues. Everyday inequalities are killing us slowly.

Jill Norviel,
sophomore

ENTERTAINMENT
Laurel Smeins ■ Entertainment Editor
Wartburg Trumpet

Verdict comes in on 'Flynt'

Review

by Rob Bryson and Laurel Smeins

Larry Flynt makes an unlikely hero.

The publisher of Hustler magazine and a self-described pervert, Flynt's work pushed the edges of good taste and decency.

Flynt frequently found himself in court, defending his magazine's obscenity and outrageous satire.

"The People vs. Larry Flynt," a new film by Milos Forman and Oliver Stone, portrays Flynt's life and court battles in mythic proportions.

The movie attempts to make Flynt, (Woody Harrelson), a hero, but only hints at why we should feel the slightest compassion for him.

The only time we realize the importance of Flynt's court fights comes near the end of the flim, as Flynt is leaving the Supreme Court. Surrounded by reporters, Flynt says, "If the first amendment will protect a scumbag like me, then it will protect all of you. Because I'm the worst."

The first glimpse of Flynt's life shows him as a child 'entrepreneur,' making a small profit by selling moonshine in Kentucky with his younger brother Jimmy.

The film then jumps again to Flynt's days as manager of a sleazy strip joint in the 1970s.

Enter Althea, (Courtney Love,) an underage dancer who immediately earns a place in the dance club and Flynt's personal life, moving in with him the day they met.

An effort to drum up business results in the Hustler newsletter, and the growth of "Hustler" magazine, a low-brow show-all skin magazine.

Flynt becomes a millionaire publisher overnight and indulges in an extravagant lifestyle complete with a Beverly Hills mansion and personal jet.

The film follows Flynt's lifestyle on two levels, following his court battles and his personal struggles.

Flynt lead a storied life. He became a born-again Christian who lost his faith after being shot and paralyzed from the waist down. Flynt turned to drugs to relieve his pain, and his wife, Althea, also became addicted. She died of AIDS in 1984.

The later half of the film follows Flynt's court battles. Flynt became an unlikely defender of the first amendment. But not until the end did Flynt seem to understand the importance of what he was fighting for.

In court Flynt wore the American flag as a diaper, threw oranges at the judge, and was generally unruly and out of control.

photo courtesy of Movie Web; located at www.movieweb.com/movie/flynt

The real hero of the film is Flynt's lawyer, Alan Isaacman, who dealt with Flynt's eccentric personality with patience. It is Isaacman who stands before the supreme court and puts into words the truth this film is trying to tell.

The right of free speech protects everyone, especially those who are willing to push the boundaries of what is acceptable.

Flynt took this protection to the extremes and showed that the first amendment secures freedoms equally for everyone, most of whom aren't as radical as Larry Flynt.

photo courtesy of Minneapolis Gospel Sound

The Twin Cities-based Minneapolis Gospel Sound (MGS) put on a rockin' show of soul-stirring gospel music and message on Saturday night in Neumann Auditorium. The musicians celebrate the word of God through vocal and instrumental tunes. MGS has released three albums and have toured extensively.

New exhibit 'Snaps' into gallery

Review

by Heather Simpson
Guest Critic

A new and unique exhibit lines the walls of the Waldemar Schmidt Art Gallery in the Fine Arts Center.

With a title such as "Shatter/ Smatter/ Splinter/ Snap," by artist Mary Snyder Behrens I thought it lived up to its name.

Though I usually respect artists and their creations, however I did not find this current art exhibit particularly aesthetic.

Two different types of her work are on exhibit. Each one is a series of pieces, one entitled "Small Sacrifices," and the other is the "Station" series.

Every piece in the "Small Sacrifice" series started with a boys flannel shirt cut up the sides then tacked down on the canvas by any number of adhesives: glue, staples or stitching.

Many ordinary objects were attached to the shirts or around them on the canvas, including bottlecaps, nails, string, tin can lids and so forth.

The "Station" series are slightly reminiscent of the opening picture on "Deep Space Nine," though there is not much on the canvas to look at.

Cloth and everyday pieces of garbage were used once again, but sparsely this time. The "Station" set has a half circle on each of them and the remaining attachments were put on the edges.

Each canvas in the series looked the same — the only differences were in the plaid of the shirts or the color of the paint.

This certainly is not a traditional art exhibit, so I recommend it for all people who like things which are out of the ordinary.

The exhibit can be frustrating for viewers like myself that prefer looking at art that resembles what it is supposed to be. This exhibit did not leave me with that feeling.

"Shatter/ Smatter/ Splinter/ Snap" will be on display through February 7, with a reception featuring Behrens on Jan. 23.

Spot any entertainment in your neighborhood? Give the E page a call!

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The Resolution REVISED

The dawning of a new year brings talk of economic improvement, political moves and, of course, personal resolutions. New Year's may be a time of renewal for some, while others see it as an occasion to make empty promises. Below, some skepticism and also tips to help your resolutions succeed.

by Stephanie Robbins
Features Editor

Talk is cheap. Action speaks.

The new year has come, and people are making their annual resolutions. Often, though, things are easier said than done.

Just ask sophomore Lisa Smith. "I resolve to go to morning chapels and to not be so late for things, but I don't think that one is going to happen."

Very few people stick with their promises to improve themselves. Dr. Fred Ribich of the Wartburg College social science department estimates that five percent at best actually carry out their plans. "It's very poor," he added.

According to Ribich, some of the most popular resolutions are weight loss, staying in touch with friends and better time management.

Why do people wait until Jan. 1 before fixing their personal lives? "It's the idea of a new beginning —a starting point we all have in common," said Ribich.

"It's a social ritual, where people talk about what they'd like to do. Talk is cheap. Putting things into action is where it breaks down, and poof, it's gone," he said.

Sophomore Sira Anderson doesn't put much stock in New Year's resolutions. "If there's something you want to change, you should just do it, and don't use New Year's as an excuse," she said.

In order to have a better chance of sticking to your resolutions, Ribich has a suggestion. "You ought to write it down, because people tend to forget their resolutions," he said. Keeping your list where you can see it often will refresh your memory.

This year, Ribich and his wife have made a joint resolution to take ballroom dancing lessons.

> ***"It's a social ritual, where people talk about what they'd like to do. Talk is cheap. Putting things into action is where it breaks down, and poof, it's gone."***
> — Dr. Fred Ribich, psychology professor

Photo by Nathan Friesen

STEPPING UP TO THE CHALLENGE — Jeff Halter, sophomore, participates in some step aerobics with other members of his PE 100 class on Friday. The advent of the new year has brought about resolutions of starting fitness plans and losing weight. Cardiovascular exercise is an excellent way to trim pounds.

THE BIG ONE: LOSING WEIGHT

Most people have trouble just getting started on their resolutions —especially when they want to lose weight by beginning an exercise program.

"It's got to be an individual thing," said Wartburg volleyball and softball coach Robin Hoppenworth. "Set personal goals, like how many pounds you want to lose."

Some people make the mistake of trying to make changes in their body that just can't happen. "Your goals have to be realistic. Losing one or two pounds a week is pretty reasonable," said Hoppenworth.

In order to lose weight, it's important to modify your diet as well as having an exercise plan.

"Don't skip breakfast," said Hoppenworth. "Actually, you should have your biggest meal at the beginning of the day and decrease the sizes of lunch and dinner."

Hoppenworth also said it's a good idea to have a lot of "little meals" a day, incorporating a couple of healthy snacks into a day. "Keep your body filled up," she said, "especially if you are starting a fitness program."

One of the best things to do to improve a diet is to watch the amount of fat eaten, "but don't obsess about it," Hoppenworth said, "just keep fat under 30 percent of your caloric intake." Cutting down on the amount of pop or chocolate consumed will help, too.

The number of calories needed a day varies with body size and activity level. "The average female needs about 2200 calories a day, and the average male needs 2900," said Hoppenworth.

To lose pounds, a cardiovascular exercise base is best, Hoppenworth said. "Walking, the Nordic Track and the stationary bike are all good for that," she said.

Beginners should start with 20 minutes of cardiovascular exercise, three times a week. "You can increase the sessions five minutes a week, until you work up to 45 minutes per session," said Hoppenworth.

A weightlifting program is a good way to build muscle, but Hoppenworth recommends having a cardiovascular base first to complement the weight training.

"It takes six weeks to develop an exercise habit, then you're hooked," she said. The trouble is staying with an exercise plan for the first month and a half.

It's not a bad idea to reward yourself. "Say to yourself, 'If I exercise six times in two weeks, I get to go to the mall,'" suggested Hoppenworth.

Often the progress seen from just a couple weeks of exercise can be enough to keep someone motivated. "If you exercise three times a week, you'll see the difference," said Hoppenworth. "It takes a little while — be patient with yourself."

The changes you hope to keep...

"To make sure I go to class and lose more weight."
—Greg Halsor, senior

"I didn't make any, because I didn't want to break them."
—Mike Nehre, sophomore

"To manage my time better than usual, and I'd also like to make myself more fit."
—Bhirendra, sophomore

"To go to bed before 1 a.m."
—Kathy Nichols, freshman

"To pass the CPA exam on my first try in May."
—Bill Groby, senior

"To exercise at least four days a week."
— Chelsey Spore, freshman

Photos by Nathan Friesen

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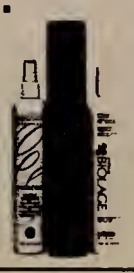

Fitness advice for beginners

- ❑ Try to get no more than 30 percent of your daily calories from fat.
- ❑ Cardiovascular exercise (jogging, biking) is best for losing pounds.
- ❑ Start by exercising for 20 minutes, three times a week.
- ❑ Make your goals reasonable—losing one or two pounds a week is realistic.
- ❑ Developing an exercise habit takes about six weeks.

PE Complex hours: ❑ Mon. - Thurs. 6 AM to 11PM,
❑ Fri. 6AM to9PM, ❑ Sat. 8AM to 9PM, ❑ Sun. noon to 11 PM

No. 1 wrestlers fall to No. 2 Augsburg

The Knights handled two highly-ranked Division III teams earlier this week before taking on No. 2 Augsburg Thursday. They weren't able to capitalize on their home advantage, losing a heartbreaker in the final match of the night, and dropping the meet to the Auggies, 17-15 before a packed Knights Gymnasium.

by Chad Gade
Staff Writer

The Wartburg wrestlers found out this week that everyone is looking to knock off the team on top.

In front of a packed house in Knights Gymnasium on Thursday night, Division III's No. 2-ranked Augsburg Auggies rolled in and stripped the Knights of their No. 1 ranking.

"For the most part, I thought the team wrestled really well," said Kevin Miller.

Wartburg led, 15-14, going into the night's heavyweight match, featuring Matt Powelka and Augsburg's John Pena, setting up the dramatic end, as the winner would take both the match and the No. 1 ranking.

With the crowd on its feet, the match came down to the last period. Powelka needed a takedown to win the match. He had problems gaining control and lost the match, 4-3, making the team score for the meet 17-15.

In other action, Augsburg got off to a 4-0 lead when top-ranked Henry Gerten won a major decision over Kelly Seery, 16-8.

Wartburg came back to win the next three matches and pull into the lead, 9-4.

Tom Smith decisioned Brian Jones 7-2 in the 126 weight. Dusty Rhodes followed his match up with a 9-4 win.

The Knights found a new wrestler at 142 in Kevin Miller. Miller dropped down to 142 from the 150 weight in just two days prior to the meet.

Miller won in overtime, 4-3. Miller's opponent was called for stalling three times, giving Miller two points during regulation and the winning point in overtime.

"I tried to keep taking shots and stay on the offensive side of the match," said Miller.

Miller also said he will stay at this weight for the rest of the season.

At 150, Troy Pececka lost in a major decision, 15-4, to leave the score at 9-8 at intermission.

The 158 match came down to the wire, as Brian Roberts got a late takedown and held his opponent from an escape to win his match, 3-2.

Wartburg split the next two matches. A key defeat on the night occured in the 167 weight class as Augsburg's Jim Peterson took a quick 8-2 lead in the second period on No. 1--ranked Mike Alesch. Alesch lost the match, 12-6.

Chris Ortner took his match at 177.

Blake Williams came off an injury to take on the defending national champion at 190, Dan Lewandowski. Williams lost, 7-0, setting up the final match of the night.

The Knights head back into action this Saturday at the Division I Duals at the University of Nebraska in Lincoln, Neb.

Photo by Nathan Friesen

WORKING FOR THE WIN—Senior Kevin Miller grapples with Augsburg's Wade Johnson in Thursday night's wrestling meet against Augsburg. In his first match this year at 142 after dropping down from 150, Miller defeated Johnson in overtime, but the No. 1-ranked Knights fell to No. 2 Augsburg, 17-15.

Men can't weather Storm, avenge early-season loss

The cagers took to the road over Christmas Break, returning to Waverly with a road record of 1-2, defeating Rockford College in the Elmhurst Tournament. The Knights then opened IIAC play at home Saturday night with a eight-point loss to Simpson, after trailing by as much as 16 in the first half.

by Greg Berry
Staff Writer

The Wartburg College men's basketball team put together an impressive comeback in Saturday's game, only to lose to Simpson 76-68.

Wartburg was looking to start the conference season off with a victory but the preseason favorite stood in their way.

The Knights fell behind early after they allowed the Storm to go on a six-minute, 13-0 run, putting Simpson up 20-4 midway through the first half. The 16-point deficit would prove to be the low point in the game for the Knights.

"We got off to a slow start," said Head Coach Marty Simmons.

Despite outshooting the Storm in the first half, the Knights could not take advantage because of 17 first half turnovers.

The rest of the half saw the Knights cut the Storm lead to 9 as Wartburg went into halftime down 37-28.

With less than two minutes elapsed in the second half, the Knights put together their best run at that point. Wartburg edged their way to a four-point deficit, but could not get any closer until late in the half.

The Knights' best sequence occurred midway through the half, as they went from a six-point deficit to a four-point lead.

Travis Montgomery and Myers were the key to the run. Montgomery hit a pivotal three-point shot, adding three steals and a layup, while Myers dished in five points. Wartburg held the Storm scoreless for nearly six minutes during the run, taking the lead at 66-62.

Wartburg was unable to hold the lead during the last 2:30 of the game. The Knights scored only one more basket and turned the ball over twice. Simpson took advantage of the Knight drought and took a seven-point lead en route to their 76-68 victory.

"I'm proud of the way they [the team] came back," Simmons said.

"Rich and Bryan have been very consistent," Simmons said.

Wartburg shot a sizzling 54.5 percent and took down 40 rebounds but could not make good on them because of 27 turnovers.

"Turnovers were a big factor," Simmons said.

Wartburg hopes to equal their conference record this Tuesday as they face Buena Vista at home.

Break Action

The Knights faced Beloit College in their first game of the Elmhurst Tournament on Dec. 28.

The Knights were paced by 19 points from Byran Myers. The next night, Wartburg squared off against Rockford College, marking the second time this season Wartburg and Rockford met.

The Knights lost to Rockford in the consolation game of the Wartburg Tournament in early December.

This time through, the Knights trailed Rockford going into halftime 34-33. The cagers used a strong second half-rally to beat Rockford, 75-66.

On Jan. 4, the Knights dropped a close game at Mt. Saint Claire in Clinton, 69-68. Once again, Myers led the team with 21 points.

Photo by Jaime Spratt

SPARKING THE RUN—Senior Travis Montgomery launches a three-point shot in Saturday's game vs. Simpson. Montgomery was pivotal in the Knight's second-half comeback, though they eventually lost the IIAC opener 76-68.

SIMPSON 76, WARTBURG 68
SIMPSON— Josh Crandall 2-10 4-4 8, Adam Soyer 1-5 0-0 2, Adam Doll 6-10 1-2 13, Jason Allen 7-11 3-3 18, Chris Perrin 1-5 1-1 3, Jon Burke 1-4 0-0 3, Bryan Martin 0-2 0-0 1, Alan Hulleman 5-8 0-0 12, Marty Richter 1-4 0-0 2, Nate Ackerman 5-11 5-6 15. Totals 29-70 14-17 76.
WARTBURG— Rich Kloster 7-15 0-0 14, Travis Montgomery 4-8 0-0 10, Bryan Myers 10-16 1-2 23, B.J. Supple 2-3 1-4 6, Erik Book 3-5 0-0 7, Shane Stocks 2-2 0-0 4, Antonio Hitchcock 1-3 0-0 2, Matt Wheeler 1-3 0-0 2.Totals 30-55 2-6 68.
Halftime— Simpson 37, Wartburg 28. 3-point field goals— Simpson 4-19, Wartburg 6-15 . Rebounds— Simpson 28, Wartburg 40; Assists– Simpson 11, Wartburg 11.

Treys and J's
Brian Van De Berg

Let's go Knights

When I finished my first grueling year here at Wartburg College, I looked back and I could only remember one thing that I wasn't impressed with.

Wartburg has a ton of school spirit, but not a lot of people like to show it.

If you can remember the Scott Harves columns from last year, you may remember that he said attendance was down at all Wartburg sporting events.

This is one topic that I wanted to help improve this year, but many Wartburg crazies beat me to it.

If you guessed the Hebron Ground superfans, you're right. These guys have shown exceptional school spirit and have really led the charge for the entire student body.

With their wild acts at football games and volleyball games, the superfans have prepared the school for some great spirit.

Well, it seems the spirit is rubbing off on everyone else. The attendence at the basketball games this weekend was great.

It's about time the student body stands up and supports our athletes.

As the cliche statement says, "If you can't be an athlete, be an athletic supporter."

This statement adds a bunch of humor, but it is true.

Behind the lead of the superfans as well as the other crazy sports fans Wartburg could be on its way to some strong spirit.

I think the student body is finally catching on, and just in time too.

A big game is on the horizon for the men's and women's basketball teams.

This week our teams will be taking on our arch rivals from some town named Decorah.

That's right the Luther Norsemen are going to try and take us down, HA-HA.

Last year the games were close, and our women upset Luther. Not just their team, but their fans as well.

After the game last year, our victory bell ended up in a bush by the PE Complex.

Can we really tolerate this?

"The time has come, you need to fear. A holy war is drawing near."

Women prepare for IIAC favorite Buena Vista, defeating Simpson Saturday, 78-61

by Suzanne Behnke
Staff Writer

The Wartburg women's basketball team nailed its first conference victory against the Simpson Storm Saturday night, 78-61.

Friday night's matchup against Buena Vista was postponed until tomorrow because of adverse weather conditions. Besides Buena Vista, the Knights will also face two weekend road games against the Luther Norse and the Loras Duhawks.

Despite the heavy schedule for the week, Head Coach Monica Severson said Saturday's victory helped Wartburg's confidence level, and that may help against conference favorite Buena Vista.

"We'll have to play better than we did on Saturday," Severson said.

The cagers have struggled with shooting from the floor so far, said Severson, but boosted play against the Storm, shooting 40 percent in the first half and 46 percent in the second.

"I think we played 40 minutes of basketball," said Severson. "We were able to come out and get the lead."

The Knights' free throw percentage, though, lagged in the second half, as they hit only 8-20.

"We were lucky we had the lead we did," Severson said.

The Knights dominated the scoreboard at half, 42-28.

Leading scorers for Wartburg were sophomore Jill Baethke with 17, sophomore Jennifer Nettleton with 14 and senior Holly Wulkow with 11.

Wulkow also added six assists. Nettleton grabbed 11 boards while Kayah-Bah Phillman followed with seven.

Simpson stands at 1-1 in the IIAC race and 6-5 overall.

Against the Knights, their shooting percentage averaged at 37 percent. They had 30 turnovers to Wartburg's 22.

Severson said she felt the game improved the Knights' outlook.

"It didn't hurt us to have that happen. If it helps the confidence level, then that is a positive thing."

Wartburg's record is 5-4.

WARTBURG 78, SIMPSON 61

SIMPSON (61)— Susan Brindle 5-7 8-10 18, Emily Tonn 3-7 0-2 6, Nicci Nelson 5-11 4-6 14, Andrea Hulsing 2-10 2-2 6, Abbey Williams1-3 0-0 3, Kara Svendson 1-6 0-0 2, melanie Richardson 0-3 5-6 5, Sally Riemersma 0-0 0-2 0, Kimber Kennedy 0-1 0-0 0, Jen Barcellano 2-3 1-1 5, Becky Sporrer 1-3 0-0 2. Totals 20-54 20-29 61.

WARTBURG (78)— Kayah-Bah Phillmann 4-11 0-3 8, Holly Wulkow 3-6 5-8 11, Jen Nettleton 5-14 4-8 14, Emily Bailey 3-5 2-3 8, Jill Baethke 5-8 7-8 17, Laurie Wilkinson 2-3 0-1 4, Elly Michels 1-4 1-3 3, Pam Stamper1-2 0-0 2, Dawn Matthias 2-8 0-3 4, Jenni Zarn 1-1 0-1 2, Kristy Loy 0-0 0-0 0, Mary Jo Vrba 2-5 1-1 5. Totals 29-67 20-39 78.

Halftime— Wartburg 42, Simpson 28. 3-point field goals—Simpson 1-9; Wartburg 0-0. Rebounds— Simpson41, Wartburg 48. Assists— Simpson 9; Wartburg 18.

photo by Jaime Spratt

NICE PASS—Senior Dawn Matthias scoots a bounce pass around a Simpson defender in the IIAC opener Saturday night. The Knights defeated the Storm, 78-61 before a home crowd of about 1000.

Women 1-1 on road trip during break

by Suzanne Behnke
Staff Writer

The women's basketball team finished their non-conference schedule on a road trip to Indiana and Illinois. The cagers lost 75-55 to DePauw of Greencastle, Ind., and defeated Blackburn of Carlinville, Ill., 72-65.

According to Head Coach Monica Severson, the team wasn't prepared for the DePauw matchup on Jan. 4.

"We just came off the (Christmas) break and didn't play very well," Severson said.

The Knights shot 41 percent, hitting 11 of 27. They shot 36 percent overall.

Jennifer Nettleton led the Knights in scoring with 11 points. Dawn Matthias and Mary Jo Vrba contributed eight apiece.

Nettleton and Emily Bailey pulled down five rebounds each.

The next night, Wartburg bounced back to win against Blackburn, after taking a 40-24 halftime lead.

Severson said the Knights were ready to play in the first half, but allowed the opponent to come back.

"I thought we did a good job of keeping our composure," she said.

Kayah-Bah Phillmann and Matthias led scoring with 11 points each. Jill Baethke and Holly Wulkow respectively added eight points.

Phillmann also pulled down eight boards. Wulkow and Elly Michels each grabbed six.

Knights dominate Florida Duals— Over Christmas Break, the wrestlers traveled to Orlando, Fla. and overpowered the competition at the Florida Duals, finishing 6-0 as a team.

Tom Smith, Brian Roberts, Chris Ortner, Ben Jobgen and Blake Williams all finished the tournament undefeated. Brian Roberts also received the Outstanding Wrestler Award at the Duals.

JV Wrestlers trounce competition— The Knights easily took the team title at the Simpson Invitational Saturday with 164.5 points. Finishing behind the grapplers were Simpson's varsity with 136 and Upper Iowa's varsity squad.

Zack Weiglein (118), Casey Doyle (126), David Marrah (134), Curtis Johnson (142) and Mike Rupe (167) all brought home individual championships.

Knights in Action

Tuesday, Jan. 14
6 p.m. — Women's Basketball vs. Buena Vista
8 p.m. — Men's Basketball vs. Buena Vista
Friday, Jan. 17
6 p.m. — Women's Basketball at Luther
8 p.m. — Men's Basketball at Luther
Saturday, Jan. 18
Wrestling at Division I Duals, Lincoln, Neb.
6 p.m — Women's Basketball at Loras
8 p.m. — Men's Basketball at Loras

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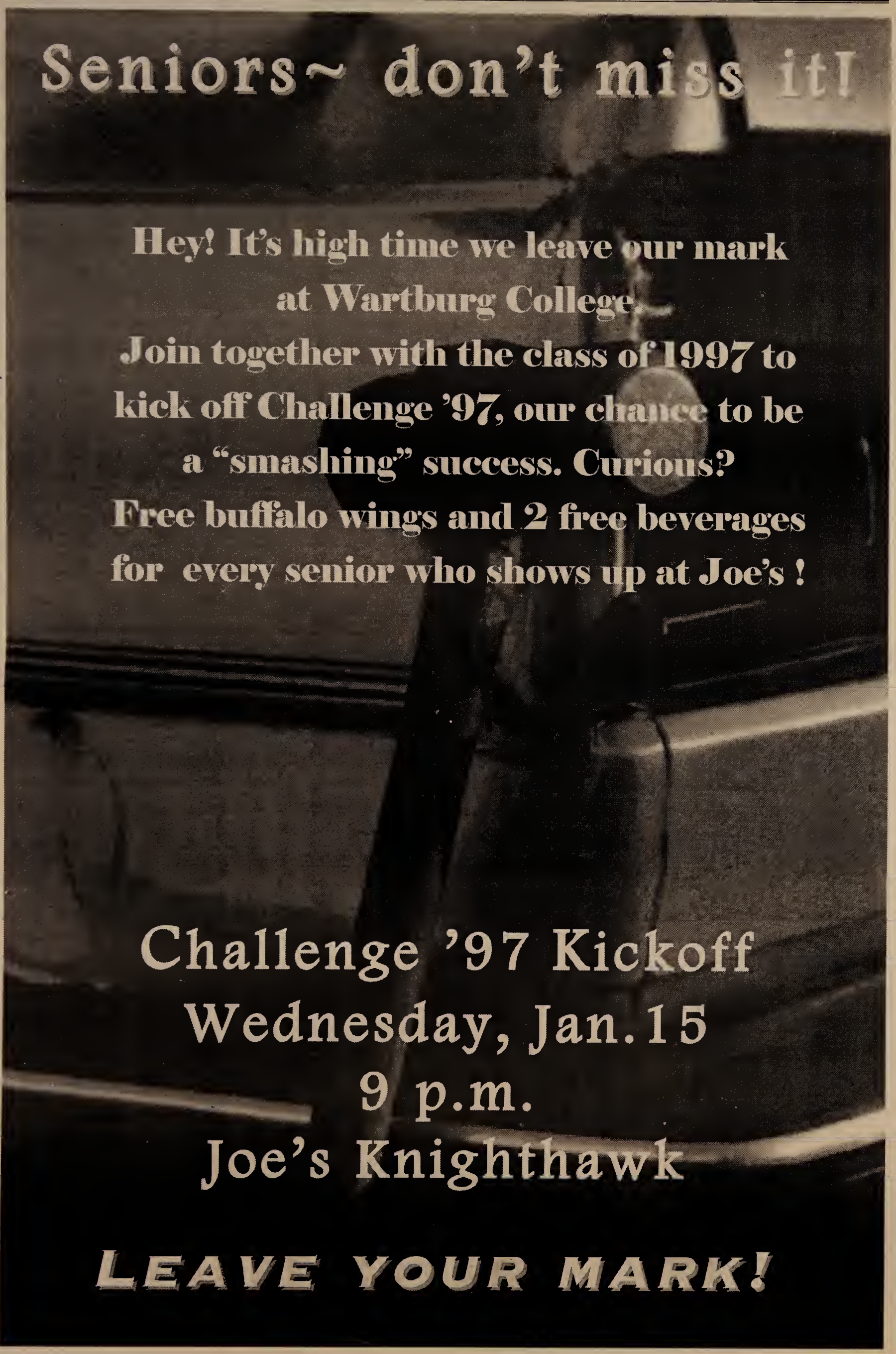
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